

(Washington, DC) Today, Congressman Alcee L. Hastings (D-Miramar) introduced a resolution to raise hypertension awareness and help reverse its prevalence through education, further research, and efforts to reduce the excess salt content in foods. Commonly

known as high blood pressure, hypertension is the most frequently diagnosed chronic health condition in the United States, afflicting approximately 74.5 million people. In addition, hypertension is directly and indirectly responsible for tens of thousands of deaths in the United States each year, and its prevalence is expected to grow due to a large aging population and high rates of obesity and diabetes.

(Please find attached a copy of the resolution.)

“High blood pressure is a serious health concern facing our communities and nation as a whole. About one out of three adults in the United States is hypertensive. Furthermore, about one in four adults is pre-hypertensive, which means that they are at greater risk for developing hypertension.

“Hypertension is a ‘silent killer’ because there are often no symptoms that indicate that an individual's blood pressure has reached a deadly level. In fact, more than one out of five individuals is unaware that they have high blood pressure. This is unacceptable.

“Due to various social, cultural, and environmental factors, certain communities have disproportionately high rates of hypertension and varying levels of awareness, treatment, and control. In particular, individuals living in the Southeast and African Americans have the highest prevalence of hypertension in the United States, and are more likely to develop it at earlier ages, develop cardiovascular disease, and die from hypertension or hypertension-related illnesses.

“Fortunately, through education, healthy lifestyle habits, advances in medical science, research, and smart health care policy, we can begin to reverse these alarming trends. According to a study by the American Medical Association, 150,000 lives could be saved each year if the sodium content in processed foods and restaurant foods were decreased by 50 percent.

“I remain committed to supporting national, state, and community efforts to address potentially deadly health conditions like hypertension and to combating health disparities. To that end, we must set mandatory national standards for sodium content in foods, improve access to

affordable, healthy foods for all Americans, and ensure that consumers have the information they need to make informed decisions about their food purchases.”

Joining Congressman Hastings as original co-sponsors of the resolution are Representatives (13): Joe Baca (D-CA), Sanford D. Bishop, Jr. (D-GA), Madeleine Z. Bordallo (D-GU), Corrine Brown (D-FL), Donna M. Christensen (D-VI), Wm. Lacy Clay (D-MO), Marcia Fudge (D-OH), Raúl Grijalva (D-AZ), Rubén Hinojosa (D-TX), Eddie Bernice Johnson (D-TX), Gregory Meeks (D-NY), Eleanor Holmes Norton (D-DC), and Charles B. Rangel (D-NY).

Congressman Alcee L. Hastings is Vice Chairman of the House Permanent Select Committee on Intelligence, a senior member of the House Rules Committee, and Co-Chairman of the U.S. Helsinki Commission.

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 [Congressman Alcee L. Hastings - Hypertension Awareness Resolution - 09 23 10.pdf](#)